

MIND YOUR HEALTH

SEMINARS



TRAIN FOR A HEALTHY BRAIN

The lifestyle connection

Your brain is connected to everything your body does—and you can take steps to keep it at its best!

Did you know that lifestyle habits can impact the health of your brain?

In this session, you will learn:

- What is brain health and why is it important?
- Lifestyle steps you can take to promote brain health
- Common threats to brain health, including memory loss and stroke
- How to recognize signs of a stroke

We'll share some food for thought so you can train for a healthy brain.

Date: Wednesday,
November 2nd

Time: 12 PM – 1 PM

Location: City Hall – 2nd
Flood Training Room A

**Eligible for Local
Employer Activity**

